



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 7- - 8-12-2024

Konkurencja 12  
2024-12-07 - 13:35

M czynn, 400m Bifins

Open  
Wyniki

Rekordy Polski_25m_pletwa Open	3:29.82	KROPIDŁOWSKI Szymon	POL	Cetniewo	2023-11-11
Rekordy Polski_25m_pletwa 16 - 17	3:36.22	SMOSZNA Wiktor		Cetniewo	2023-12-10
Rekordy Polski_25m_pletwa 14 - 15	3:36.22	SMOSZNA Wiktor	POL	Cetniewo	2023-11-11
Rekordy Polski_25m_pletwa 12 - 13	3:48.33	MARKIEWICZ Jarosław		Władysławowo	2018-11-15
Rekordy Polski_25m_pletwa 7 - 11	4:24.50	SMOSZNA Wiktor		Toru	2019-10-01

Punkty:

Pozycja		Rok ur.						Czas	Pkt.
KAT. Open									
1.	KROPIDŁOWSKI Szymon	02	UKS Manta Kościerzyna					<b>3:30.52</b>	
	50m: 22.88 22.88	150m: 1:14.85 26.58	250m: 2:08.98 26.89	350m: 3:03.39 27.12					
	100m: 48.27 25.39	200m: 1:42.09 27.24	300m: 2:36.27 27.29	400m: 3:30.52 27.13					
2.	SMOSZNA Wiktor	08	UKS Rekin SP50 Wrocław					<b>3:36.26</b>	+ 5.74
	50m: 24.00 24.00	150m: 1:16.75 26.66	250m: 2:12.09 27.85	350m: 3:08.99 28.44					
	100m: 50.09 26.09	200m: 1:44.24 27.49	300m: 2:40.55 28.46	400m: 3:36.26 27.27					
3.	GRABOWSKI Radosław	05	UKS Tri-Sea Mewa Władysławowo					<b>3:46.77</b>	+ 16.25
	50m: 24.89 24.89	150m: 1:19.11 27.64	250m: 2:17.45 29.11	350m: 3:17.17 29.91					
	100m: 51.47 26.58	200m: 1:48.34 29.23	300m: 2:47.26 29.81	400m: 3:46.77 29.60					
4.	PAWLAK Krystian	09	UKS Tri-Sea Mewa Władysławowo					<b>3:54.80</b>	+ 24.28
	50m: 25.59 25.59	150m: 1:22.95 29.32	250m: 2:24.06 30.91	350m: 3:25.79 30.51					
	100m: 53.63 28.04	200m: 1:53.15 30.20	300m: 2:55.28 31.22	400m: 3:54.80 29.01					
5.	ZIEMNIAK Seweryn	08	UKS Tri-Sea Mewa Władysławowo					<b>3:57.47</b>	+ 26.95
	50m: 26.09 26.09	150m: 1:25.58 29.92	250m: 2:27.00 31.03	350m: 3:27.80 30.56					
	100m: 55.66 29.57	200m: 1:55.97 30.39	300m: 2:57.24 30.24	400m: 3:57.47 29.67					
6.	KROPIDŁOWSKI Dawid	09	UKS Manta Kościerzyna					<b>4:03.20</b>	+ 32.68
	50m: 28.03 28.03	150m: 1:29.25 30.58	250m: 2:30.52 30.37	350m: 3:32.78 30.91					
	100m: 58.67 30.64	200m: 2:00.15 30.90	300m: 3:01.87 31.35	400m: 4:03.20 30.42					
7.	MARGOL Oskar	05	UKS Tri-Sea Mewa Władysławowo					<b>4:03.38</b>	+ 32.86
	50m: 24.88 24.88	150m: 1:19.91 28.31	250m: 2:22.40 32.08	350m: 3:29.75 34.40					
	100m: 51.60 26.72	200m: 1:50.32 30.41	300m: 2:55.35 32.95	400m: 4:03.38 33.63					
8.	BYSTRON Fryderyk	10	UKS Manta Kościerzyna					<b>4:10.41</b>	+ 39.89
	50m: 27.38 27.38	150m: 1:29.57 31.43	250m: 2:33.82 32.26	350m: 3:38.73 32.41					
	100m: 58.14 30.76	200m: 2:01.56 31.99	300m: 3:06.32 32.50	400m: 4:10.41 31.68					
9.	KLEISA Hubert	09	UKS Delfin Władysławowo					<b>4:10.74</b>	+ 40.22
	50m: 27.92 27.92	150m: 1:31.75 32.21	250m: 2:37.04 32.35	350m: 3:42.21 32.81					
	100m: 59.54 31.62	200m: 2:04.69 32.94	300m: 3:09.40 32.36	400m: 4:10.74 28.53					
10.	MUCHA Aleksander	09	KS Nautilus-Jastrzbie					<b>4:11.26</b>	+ 40.74
	50m: 25.73 25.73	150m: 1:26.93 31.40	250m: 2:32.03 33.07	350m: 3:39.44 33.35					
	100m: 55.53 29.80	200m: 1:58.96 32.03	300m: 3:06.09 34.06	400m: 4:11.26 31.82					
11.	SAPKOWSKI Michał	09	IKS Herkules Suwałki					<b>4:15.25</b>	+ 44.73
	50m: 26.29 26.29	150m: 1:25.31 30.76	250m: 2:30.42 32.88	350m: 3:40.09 35.15					
	100m: 54.55 28.26	200m: 1:57.54 32.23	300m: 3:04.94 34.52	400m: 4:15.25 35.16					
12.	URAWLEW Filip	10	UKS Amfiprion Olecko					<b>4:17.96</b>	+ 47.44
	50m: 28.65 28.65	150m: 1:31.49 31.85	250m: 2:37.05 32.81	350m: 3:44.94 34.05					
	100m: 59.64 30.99	200m: 2:04.24 32.75	300m: 3:10.89 33.84	400m: 4:17.96 33.02					
13.	SKRZYPKOWSKI Emil	10	UKS Delfin Władysławowo					<b>4:26.03</b>	+ 55.51
	50m: 28.30 28.30	150m: 1:34.19 33.84	250m: 2:42.21 34.17	350m: 3:51.85 35.02					
	100m: 1:00.35 32.05	200m: 2:08.04 33.85	300m: 3:16.83 34.62	400m: 4:26.03 34.18					
14.	DACH Tymon	11	KS Aqua Sport Kościerzyna					<b>4:38.39</b>	+ 1:07.87
	50m: 30.62 30.62	150m: 1:42.29 36.45	250m: 2:57.25 37.44	350m: 4:06.86 34.86					
	100m: 1:05.84 35.22	200m: 2:19.81 37.52	300m: 3:32.00 34.75	400m: 4:38.39 31.53					



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 7- - 8-12-2024

Konkurencja 12, M cierzyn, 400m Bifins, KAT. Open

Pozycja	Rok ur.	Czas	Pkt.
15. SIENKIEWICZ Kacper	11 UKS Amfiprion Olecko	<b>4:39.94</b>	+ 1:09.42
50m: 31.44 31.44	150m: 1:42.04 36.01	250m: 2:54.51 36.23	350m: 4:06.53 35.87
100m: 1:06.03 34.59	200m: 2:18.28 36.24	300m: 3:30.66 36.15	400m: 4:39.94 33.41
16. GROCHOWSKI Igor	11 KS Aqua Sport Kościerzyna	<b>4:41.03</b>	+ 1:10.51
50m: 30.26 30.26	150m: 1:40.05 35.83	250m: 2:53.62 36.49	350m: 4:07.65 37.03
100m: 1:04.22 33.96	200m: 2:17.13 37.08	300m: 3:30.62 37.00	400m: 4:41.03 33.38
17. BEDRA Havier	10 KS Aqua Sport Kościerzyna	<b>4:52.74</b>	+ 1:22.22
50m: 31.53 31.53	150m: 1:45.27 37.95	250m: 3:02.65 38.91	350m: 4:19.64 38.35
100m: 1:07.32 35.79	200m: 2:23.74 38.47	300m: 3:41.29 38.64	400m: 4:52.74 33.10
18. HINC Szymon	11 KS Aqua Sport Kościerzyna	<b>4:53.20</b>	+ 1:22.68
50m: 31.52 31.52	150m: 1:44.86 37.58	250m: 3:01.41 38.60	350m: 4:17.96 38.75
100m: 1:07.28 35.76	200m: 2:22.81 37.95	300m: 3:39.21 37.80	400m: 4:53.20 35.24
19. MARCHEWKA Kuba	12 UKS Delfin Władysławowo	<b>5:00.26</b>	+ 1:29.74
50m: 34.23 34.23	150m: 1:49.06 37.82	250m: 3:05.46 38.45	350m: 4:23.84 39.39
100m: 1:11.24 37.01	200m: 2:27.01 37.95	300m: 3:44.45 38.99	400m: 5:00.26 36.42
20. TARNOWSKI Konstanty	12 KS Aqua Sport Kościerzyna	<b>5:01.34</b>	+ 1:30.82
50m: 34.29 34.29	150m: 1:53.46 39.62	250m: 3:10.45 38.10	350m: 4:25.76 36.53
100m: 1:13.84 39.55	200m: 2:32.35 38.89	300m: 3:49.23 38.78	400m: 5:01.34 35.58
21. S DZICKI Arkadiusz	11 KS Aqua Sport Kościerzyna	<b>5:03.34</b>	+ 1:32.82
50m: 34.98 34.98	150m: 1:54.16 39.78	250m: 3:12.04 38.71	350m: 4:28.71 38.54
100m: 1:14.38 39.40	200m: 2:33.33 39.17	300m: 3:50.17 38.13	400m: 5:03.34 34.63
22. MICHALSKI Jakub	10 Delfinek Chodzie	<b>5:16.17</b>	+ 1:45.65
50m: 34.30 34.30	150m: 1:56.21 42.05	250m: 3:18.78 40.69	350m: 4:42.37 41.79
100m: 1:14.16 39.86	200m: 2:38.09 41.88	300m: 4:00.58 41.80	400m: 5:16.17 33.80
23. BORKOWSKI Konstanty	09 UKS Delfin Władysławowo	<b>5:19.60</b>	+ 1:49.08
50m: 34.08 34.08	150m: 1:52.95 40.61	250m: 3:16.70 42.00	350m: 4:42.05 42.13
100m: 1:12.34 38.26	200m: 2:34.70 41.75	300m: 3:59.92 43.22	400m: 5:19.60 37.55
24. KUPC Tomasz	12 KS Aqua Sport Kościerzyna	<b>5:20.53</b>	+ 1:50.01
50m: 33.65 33.65	150m: 1:54.49 42.02	250m: 3:18.74 42.00	350m: 4:40.54 41.92
100m: 1:12.47 38.82	200m: 2:36.74 42.25	300m: 3:58.62 39.88	400m: 5:20.53 39.99
25. ROLBIECKI Tymoteusz	10 UKS Błyskawica SP 39 Gdynia	<b>5:20.86</b>	+ 1:50.34
50m: 30.93 30.93	150m: 1:51.59 40.74	250m: 3:13.59 41.35	350m: 4:39.59 43.62
100m: 1:10.85 39.92	200m: 2:32.24 40.65	300m: 3:55.97 42.38	400m: 5:20.86 41.27
26. JAKUBEK Dawid	11 UKS Manta Kościerzyna	<b>5:47.27</b>	+ 2:16.75
50m: 34.94 34.94	150m: 2:00.80 43.77	250m: 3:31.55 45.21	350m: 5:04.34 46.67
100m: 1:17.03 42.09	200m: 2:46.34 45.54	300m: 4:17.67 46.12	400m: 5:47.27 42.93
DYSKW. CZAJKOWSKI Cezary	09 UKS Delfin Władysławowo		
- Przedwczesny start			
DYSKW. N DZA Karol	09 UKS Delfin Władysławowo	<b>4:13.98</b>	+ 43.46
- Przedwczesny start			
50m: 27.56 27.56	150m: 1:31.66 32.89	250m: 2:37.91 32.97	350m: 3:44.26 33.17
100m: 58.77 31.21	200m: 2:04.94 33.28	300m: 3:11.09 33.18	400m: 4:13.98 29.72

KAT. B

1. SMOSZNA Wiktor	08 UKS Rekin SP50 Wrocław	<b>3:36.26</b>	
50m: 24.00 24.00	150m: 1:16.75 26.66	250m: 2:12.09 27.85	350m: 3:08.99 28.44
100m: 50.09 26.09	200m: 1:44.24 27.49	300m: 2:40.55 28.46	400m: 3:36.26 27.27
2. ZIEMNIAK Seweryn	08 UKS Tri-Sea Mewa Władysławowo	<b>3:57.47</b>	+ 21.21
50m: 26.09 26.09	150m: 1:25.58 29.92	250m: 2:27.00 31.03	350m: 3:27.80 30.56
100m: 55.66 29.57	200m: 1:55.97 30.39	300m: 2:57.24 30.24	400m: 3:57.47 29.67



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 7- - 8-12-2024

Konkurencja 12, M cierzyna, 400m Bifins

KAT. C

1.	PAWLAK Krystian	09	UKS Tri-Sea Mewa Władysławowo	<b>3:54.80</b>			
	50m: 25.59 25.59	150m: 1:22.95	29.32	250m: 2:24.06	30.91	350m: 3:25.79	30.51
	100m: 53.63 28.04	200m: 1:53.15	30.20	300m: 2:55.28	31.22	400m: 3:54.80	29.01
2.	KROPIDŁOWSKI Dawid	09	UKS Manta Kościerzyna	<b>4:03.20</b>	+ 8.40		
	50m: 28.03 28.03	150m: 1:29.25	30.58	250m: 2:30.52	30.37	350m: 3:32.78	30.91
	100m: 58.67 30.64	200m: 2:00.15	30.90	300m: 3:01.87	31.35	400m: 4:03.20	30.42
3.	BYSTRON Fryderyk	10	UKS Manta Kościerzyna	<b>4:10.41</b>	+ 15.61		
	50m: 27.38 27.38	150m: 1:29.57	31.43	250m: 2:33.82	32.26	350m: 3:38.73	32.41
	100m: 58.14 30.76	200m: 2:01.56	31.99	300m: 3:06.32	32.50	400m: 4:10.41	31.68
4.	KLEISA Hubert	09	UKS Delfin Władysławowo	<b>4:10.74</b>	+ 15.94		
	50m: 27.92 27.92	150m: 1:31.75	32.21	250m: 2:37.04	32.35	350m: 3:42.21	32.81
	100m: 59.54 31.62	200m: 2:04.69	32.94	300m: 3:09.40	32.36	400m: 4:10.74	28.53
5.	MUCHA Aleksander	09	KS Nautilus-Jastrzębie	<b>4:11.26</b>	+ 16.46		
	50m: 25.73 25.73	150m: 1:26.93	31.40	250m: 2:32.03	33.07	350m: 3:39.44	33.35
	100m: 55.53 29.80	200m: 1:58.96	32.03	300m: 3:06.09	34.06	400m: 4:11.26	31.82
6.	SAPKOWSKI Michał	09	IKS Herkules Suwałki	<b>4:15.25</b>	+ 20.45		
	50m: 26.29 26.29	150m: 1:25.31	30.76	250m: 2:30.42	32.88	350m: 3:40.09	35.15
	100m: 54.55 28.26	200m: 1:57.54	32.23	300m: 3:04.94	34.52	400m: 4:15.25	35.16
7.	URAWLEW Filip	10	UKS Amfiprion Olecko	<b>4:17.96</b>	+ 23.16		
	50m: 28.65 28.65	150m: 1:31.49	31.85	250m: 2:37.05	32.81	350m: 3:44.94	34.05
	100m: 59.64 30.99	200m: 2:04.24	32.75	300m: 3:10.89	33.84	400m: 4:17.96	33.02
8.	SKRZYPKOWSKI Emil	10	UKS Delfin Władysławowo	<b>4:26.03</b>	+ 31.23		
	50m: 28.30 28.30	150m: 1:34.19	33.84	250m: 2:42.21	34.17	350m: 3:51.85	35.02
	100m: 1:00.35 32.05	200m: 2:08.04	33.85	300m: 3:16.83	34.62	400m: 4:26.03	34.18
9.	BEDRA Havier	10	KS Aqua Sport Kościerzyna	<b>4:52.74</b>	+ 57.94		
	50m: 31.53 31.53	150m: 1:45.27	37.95	250m: 3:02.65	38.91	350m: 4:19.64	38.35
	100m: 1:07.32 35.79	200m: 2:23.74	38.47	300m: 3:41.29	38.64	400m: 4:52.74	33.10
10.	MICHALSKI Jakub	10	Delfinek Chodzież	<b>5:16.17</b>	+ 1:21.37		
	50m: 34.30 34.30	150m: 1:56.21	42.05	250m: 3:18.78	40.69	350m: 4:42.37	41.79
	100m: 1:14.16 39.86	200m: 2:38.09	41.88	300m: 4:00.58	41.80	400m: 5:16.17	33.80
11.	BORKOWSKI Konstanty	09	UKS Delfin Władysławowo	<b>5:19.60</b>	+ 1:24.80		
	50m: 34.08 34.08	150m: 1:52.95	40.61	250m: 3:16.70	42.00	350m: 4:42.05	42.13
	100m: 1:12.34 38.26	200m: 2:34.70	41.75	300m: 3:59.92	43.22	400m: 5:19.60	37.55
12.	ROLBIECKI Tymoteusz	10	UKS Błyskawica SP 39 Gdynia	<b>5:20.86</b>	+ 1:26.06		
	50m: 30.93 30.93	150m: 1:51.59	40.74	250m: 3:13.59	41.35	350m: 4:39.59	43.62
	100m: 1:10.85 39.92	200m: 2:32.24	40.65	300m: 3:55.97	42.38	400m: 5:20.86	41.27
DYSKW.	CZAJKOWSKI Cezary	09	UKS Delfin Władysławowo				
	- <i>Przedwczesny start</i>						
DYSKW.	N DZA Karol	09	UKS Delfin Władysławowo	<b>4:13.98</b>	+ 19.18		
	- <i>Przedwczesny start</i>						
	50m: 27.56 27.56	150m: 1:31.66	32.89	250m: 2:37.91	32.97	350m: 3:44.26	33.17
	100m: 58.77 31.21	200m: 2:04.94	33.28	300m: 3:11.09	33.18	400m: 4:13.98	29.72

KAT. D

1.	DACH Tymon	11	KS Aqua Sport Kościerzyna	<b>4:38.39</b>			
	50m: 30.62 30.62	150m: 1:42.29	36.45	250m: 2:57.25	37.44	350m: 4:06.86	34.86
	100m: 1:05.84 35.22	200m: 2:19.81	37.52	300m: 3:32.00	34.75	400m: 4:38.39	31.53
2.	SIENKIEWICZ Kacper	11	UKS Amfiprion Olecko	<b>4:39.94</b>	+ 1.55		
	50m: 31.44 31.44	150m: 1:42.04	36.01	250m: 2:54.51	36.23	350m: 4:06.53	35.87
	100m: 1:06.03 34.59	200m: 2:18.28	36.24	300m: 3:30.66	36.15	400m: 4:39.94	33.41



Zimowe Mistrzostwa Polski Seniorów i Juniorów w pływaniu w płetwach.  
Kościerzyna, 7- - 8-12-2024

Konkurencja 12, Chłopców, 400m Bifins, KAT. D

Pozycja			Rok ur.						Czas	Pkt.		
3.	GROCHOWSKI Igor		11	KS Aqua Sport Kościerzyna					<b>4:41.03</b>	+ 2.64		
	50m:	30.26	30.26	150m:	1:40.05	35.83	250m:	2:53.62	36.49	350m:	4:07.65	37.03
	100m:	1:04.22	33.96	200m:	2:17.13	37.08	300m:	3:30.62	37.00	400m:	4:41.03	33.38
4.	HINC Szymon		11	KS Aqua Sport Kościerzyna					<b>4:53.20</b>	+ 14.81		
	50m:	31.52	31.52	150m:	1:44.86	37.58	250m:	3:01.41	38.60	350m:	4:17.96	38.75
	100m:	1:07.28	35.76	200m:	2:22.81	37.95	300m:	3:39.21	37.80	400m:	4:53.20	35.24
5.	MARCHEWKA Kuba		12	UKS Delfin Władysławowo					<b>5:00.26</b>	+ 21.87		
	50m:	34.23	34.23	150m:	1:49.06	37.82	250m:	3:05.46	38.45	350m:	4:23.84	39.39
	100m:	1:11.24	37.01	200m:	2:27.01	37.95	300m:	3:44.45	38.99	400m:	5:00.26	36.42
6.	TARNOWSKI Konstanty		12	KS Aqua Sport Kościerzyna					<b>5:01.34</b>	+ 22.95		
	50m:	34.29	34.29	150m:	1:53.46	39.62	250m:	3:10.45	38.10	350m:	4:25.76	36.53
	100m:	1:13.84	39.55	200m:	2:32.35	38.89	300m:	3:49.23	38.78	400m:	5:01.34	35.58
7.	S DZICKI Arkadiusz		11	KS Aqua Sport Kościerzyna					<b>5:03.34</b>	+ 24.95		
	50m:	34.98	34.98	150m:	1:54.16	39.78	250m:	3:12.04	38.71	350m:	4:28.71	38.54
	100m:	1:14.38	39.40	200m:	2:33.33	39.17	300m:	3:50.17	38.13	400m:	5:03.34	34.63
8.	KUPC Tomasz		12	KS Aqua Sport Kościerzyna					<b>5:20.53</b>	+ 42.14		
	50m:	33.65	33.65	150m:	1:54.49	42.02	250m:	3:18.74	42.00	350m:	4:40.54	41.92
	100m:	1:12.47	38.82	200m:	2:36.74	42.25	300m:	3:58.62	39.88	400m:	5:20.53	39.99
9.	JAKUBEK Dawid		11	UKS Manta Kościerzyna					<b>5:47.27</b>	+ 1:08.88		
	50m:	34.94	34.94	150m:	2:00.80	43.77	250m:	3:31.55	45.21	350m:	5:04.34	46.67
	100m:	1:17.03	42.09	200m:	2:46.34	45.54	300m:	4:17.67	46.12	400m:	5:47.27	42.93
PK	SYRBU Janusz		12	UKS Manta Kościerzyna					<b>4:56.69</b>			
	50m:	34.46	34.46	150m:	1:52.15	38.59	250m:	3:08.70	37.64	350m:	4:22.67	35.99
	100m:	1:13.56	39.10	200m:	2:31.06	38.91	300m:	3:46.68	37.98	400m:	4:56.69	34.02